Dr Glenn Parham | Dermatologist
MBBS, BSc(HIM), BSc(CommSt), MMed(ClinEpi), FACD, ACMS

Integricare Dermatology
MedOne Stirling Specialist Centre
T12 / 732 Karrinyup Road, Balcatta WA 6021
T: 08 6400 5678 | F: 08 6288 6666
MedOne Medical Centre
U5 / 3 Doncaster Road, Mirrabooka WA 6061
E: contact@integricaredermatology.com.au
W: www.integricaredermatology.com.au
HealthLink EDI: medonems

Staphylococcus aureus 'Staph' Decolonisation: Patient Instructions:

Why Treat the Entire Household?

- Must treat yourself, family & clean the environment simultaneously.
- Staphylococcus aureus & other skin organisms are passed on by skin to skin contact or sharing certain items.
- Treatment is undertaken for 5 consecutive days.
- Avoid sharing personal items such as towels, washcloths, razors, clothing, or uniforms. Other items that should not be shared include brushes, combs, and makeup.
- Pets do not need to be treated.
- Do not use this decolonisation treatment on infants less than 2 months old.

What to buy?

- Mupirocin 2% ointment (Bactroban). ** A prescription is required **
- Triclosan 1% (pHisohex) or chlorhexidine gluconate 4% skin / surgical wash. ** Over-the-counter **
- Cotton buds.
- Polident or equivalent denture cleaning product (if you have dentures).

On the Day Starting Decolonisation Treatment:

- Discard your old toothbrush, razor & opened deodorant rollers. Buy new ones.
- Wash your hairbrush & comb with soap and hot water.
- Remove any body piercings for the duration of the treatment.
- Ensure all members of the household have their own towels.
- Remove nail varnish & stick-on artificial nails (if practicable).

Routine:

- Mupirocin 2% ointment in the nose twice daily for 5 days.
    - Place small amount (size of 1-2 match heads) of ointment onto a clean cotton bud for each nostril application (not more than 2cm into the nose).
    - Press your nostrils together with thumb & finger; massage for ~15 seconds.
    - Do not use any other nasal ointments or nasal sprays during the 5 days.
- If dentures are used, remove them every evening during the decolonisation program.
    - Clean them & place them to soak overnight in denture cleaning product.
- Body wash (triclosan 1% or chlorhexidine gluconate 4%) daily for 5 days.
    - Take care to wash hair, armpits, groin, skin folds, around the nails and finger / toe webspaces. Avoid the eyes and ear canals.
    - Allow the wash to remain on the skin for 2 minutes, then rinse.
    - Do not use other soap at the same time, conditioner may be used to the hair.
- Plain cream based moisturisers can be used after showering if skin becomes dry or irritated.
- Regular household cleaning and laundry on days 2 & 5:
    - Vacuum floors & fabric chairs
    - Clean surfaces with your normal household cleaning products.
    - Wash clothes, pyjamas, bed linen and towels with laundry detergent & preferably hot water.